

# **Maclean's**

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# executive health

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Alexander Leaf, M.D.:

#### ON THE PHYSICAL FITNESS OF MEN WHO LIVE TO A CREAT AGE

PUBLISHER'S NOTE: Alexander Lead, M.D., Jackson Posterior of Clinical Medicine, Report Medical School and Charl of Medical Service: Missorbosom reasts of our elderly. What he has fromed can help you if you wast to epicy during

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The prime goal of medicine is not to prolong life, but to alleviate suffering

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Madean's: At your first and you were critical of the South African pulsaces

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#### The Referendum Debate

# What secessionists don't understand is that even if they win, they lose

Column by John Crispo

Other in the state of the state

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group of well-favoured young men in silk and eathn in the height of tasted, they lived and played in the chairm of Mezart's Chippoindur's and Gareborough's Golden Age. They took their elegant the style for granted

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# Insights into Insurance

## Letters

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WY FIRST SELECTION
MY MERCODICTORY GIFTS

# THE HONDA PHILOSOPHY MAKES MORE SENSE WITH EACH PASSING YEAR.



Leading outernative writers have variously referred to the Honda Civic as "a revolution on wheels" "an almost mystical experience" "the perfect antidate to the susoline shortage and runaway prices,"

The success of this car can only be termed a phenomenon. But all this did not

just hannen. The philosophy behind this remarkable automobile determined that we should re-think the automobile and design a car that would make sense for the changing

times and the changing attitudes towards The resulting car has made so much sense that the Honda has, in less than 4 years

Drivers of some small core tend to get white-knowledthey expect isome times correctly! to be blown off course. has given this cur astorishing road handling and stability.

engine weight is over the drive wheels, providing superior traction and more positive handling over an allianery provides superb rand feel and positive response and control.

everything that peeds periodic service of people conceivably

There are Honda Dealers virtually everywhere in Canada and car that is, by design, easy to maintain. Handa owners don't time comes, they know they can count on Handa quality service and all the care that even with it.

Cas Sense In a world of developing find matrices with conse-

quently increasing fuel proces, for a car to make sense, at recent also realize a lot of water, on a carlion of case. "In fact, at 80 km per col. (SAA) most highway and 65 km

(And so it uses regular gas, you save again.) costs recole smeltile.

Space Sense

indeed, the Creic interior It was designed to keen 4 months in released comfort or longer trips as well as around town. The Honda Civic is fully currented throughout. It features fall-reelising backet seats.

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have given it a controlled and responsive performance that rear safetree tixted window place all around And a remark-

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Driving Sense.

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downright good fun to drive. So even though the Honda's





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or gris' games. We follow the counts and everyone's very sired about he nor on the sec.

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Preview

We were just taking pictures of a wedding in Crete when... What Lévesque has wrought, can Rvan put asunder?

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This is one of the places we stayed...typical of Cretan exercition under the sun. And



we writed the Archientagical think this is where the wedding took place...we saw so many stretch of beach with a couple of another by a popular village square ringed of buried treasure. Or with a



The National Tourns Organization of

dat Begin talks and with his own future. After closing the and envisionable" decision, Ryan, under heavy feeling that Le Devon needed horn, but also

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HAVE BY NOTICE DESIGNATION

him in Verdus, where the silting MNA, Lucing Caron, was

And should all this happen, federalists, especially those more than 15 years, he has been arging special status for Quebec, he has been a better antic of Pierre Trude as (calling

has a "late" in an introduction to a collection of Le Devoir editorials during the 1970 October Cross), he has defended the Regressa reversement's controversal language law, Bell.

Leberal said. "He took



Ryen's syength and moral authority. Pro vately, some Liberals an referable too us. compromising, too in whereal for politics However, Ryan has a purpost, carrier turn of obrase the called Imaget for"-bloody

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### Canada

Springtime for Trudeau?

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OTTAWA

To arms, to arms



### at the seashore

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# The U.S.A.

Acritical look at Jimmy Carter's first year

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Closeup / Politics

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By Walter Stewart















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But, while a President may bring the based our The earlier are demanded and. The White House is seen as a police of

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MACAZAN SCHWARTON 1978 BP



### In Toronto Commonwealth's downtown Holiday Inn hotel sets aside special floors for business travellers only. commonwealth's Hobday Inn



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stay, indoor quest perking is five



For business travellers, Commonwealth does things differently



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### The heirs apparent Presenting the Canadians we'll soon be talking about

Bring him down a peg," Up to now, that's been it's just not mear to do too well. That attitude could be changing, though, partly because of the emergence of a new brood of winners who want recover that old solid traditional Establishment kind of success-and aren't afraid to

admit it. Who are these winners of "78? They've already made their mark in their various fields of expertise and they're possed to move to the top. They're the Canadians who will be stying the orders in the next few years. But mostly they're the voting neonle who have been willing to take the risks. pay the price, and keep on

own reward. It almost has to

be, given the Canadian disregard for homogrown talent. Like so many in this new ways of achievers. Garth Drabinsky, a 29-year-old Toronto film producer producy, is totally from about his ambition. "Canadians don't get behind winners but I want to be one anyway."

The new winners are breaking social barriers on their way to the ton. The "right" school and the "right" club don't seem to matter as much any more, business and private lives are getting more informal; "going through the proper channels" is secondary to certifier the 10h done. Toronto money manager white Tommy Kierans, 37, sees this as on American influence. "The Americans don't care how old you are whether you are yellow black or lesish. It's brains that count." So a Jewish an-and-comer can be found thriving in the traditional WASP stronghold of banking When Barry Zuckerman went into hanking five years ago, friends were incredulous "Are you crazy?" they asked. "You won't go anywhere." They were wrone. At 16, he's head of investment for Toronto-Dominion Bank

Another big change now under way is the agwinners. The successful woman feels an unquestionable right to be where she is: male counterparts are learning to take her presence in stride.

But if the women have families, they're still under more strain than most men to keep both careers and private lives healthy Darlene Marzari, Movean old Vancouver feminist and drome-she doesn't really care that her house is less

Some thines don't change, and the dual drives of devotion to career and desire to live a rounded private life are will taking their toll. As a croup, the winnew of '79 how had more than their chara of heaso as not to be "distracted." Others hold on to a family through sheer hard work. Jim Peterson, a 36 serve old Toronto Issuere vooming up the Lib. eral Party ranks, and his wife. Heather, solved the problem of conflict by working together as a

strong political duo on campaigns. But Bruce Allen a Vancouver rock impresario, 29 years old and single, finds absolutely no time for a social life, "I'm living in a \$300,000 house with a view What follows is a completely arbitrary list of "new pringers." There are desert of others across

Canada who are quietly busy outstripping their competitors: these are amone the achievers who

#### Politics

politicus. I'm petting bloody good at this business." Marag minorates and pushing her treasured equal opporturates program (hough council She's also carriedly re-

Editors years not Darrie Beatty solked out of a smalland his ever-energy wide, reflection the possibilities. By dow Ferever conservative, he would one day defend the University of Western Ontano student paper-" but 22 would be on his way to Ottawa as a perhost-learning to defeat the Tones come the next election. Kenny may us to Reath, though Twelve-hour workdays in Octava.

Limit Amounthous a man of wanterful afrons are seen Angle-Saxon from Winniper's North End, a politicists who tuested his back on areas success in Ostawa for nontween the University of Winneyey, where he's director of the Institute of Urban Studies, and his MLA duties, which and people's bear makes that watch out His successes in

Marsari (top) and Bankly pight): when people are in the



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#### Instice

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own practice. She worked right up annil the day before the boths of both her sons, and swy samply. "I can't ame gand



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Abalia areaing that you can have the best of both worlds stand the tota of time ") But they will consember her mak-

#### saffers—work or marriage Medicine

Kathy Leve out at age 10 when she built hesself a doll hosestid out of needle costes at the same time as she was running a perch berbood "densal chase" out of her father's wheat with the Infastrous Decayes Distance of the Tothe internationally renowned Dr. Charles Hellenbers. Low is believed, amortious, arractive and newly married, and has a delucitable sense of Assenor-her sleeps

Gretzky already has sorred more than 1,200-and he's only 16, some 33 years you neer than Howe Lot short re-

penk can to 1971.77 when he led the NHL with 76 goals. then, but he led his Braceme too-with 328 male They call here "the new Bobby Orr," but some are already thouking he much be the new, marring Orr. In this, his replies sesson in three points per game for his Greekounds He's so obvicinity a wigner that he's al-

member Phil Esposito at his

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# Why Do You Want to Look Younger?

shabiby different reason Bet every woman woold like to keep their skin looking vibrant and vouthful you to discover the secret of a mysterious beauty lotion that can

he in you look you neer by creating a women from meny parts of the world who have emoved the beaueful herefits of this remarkable hourd, known in Capada as Oil of Ottof Olay goes to work instantly

to help you look votager. The beauty lotion ponetrates your skin ical oil and precious emolbents work with naturate belo case away

When your skin is dev list wretkle lines are far too noticeable

> Wind, harsh weather, even some look of youth can slip away uncuand throat It penetrates com-

pletely and within minutes your Working to 18 mysterious way, Oil of Oky helps maintain your balance, letting

> deutant) ran show less the very first day. What's the box time for Oil of C0xx2 Most descend users hire to smooth it on both montine and niebe (Ni of Olay dopen't leave a proper afterfeel or look so it's

maryelous under makeun Or if you like to give your skin a vacation from cosmetics. Oil of Ohry lets your skin live in its own many chroate. The beauty longer gives your skin a dewy glow even without makeup. Applied at bedtime Oil of Oby cherishes your other time your skin feels dry and you'd like to take its mobilere level

Why do you want to look vouseer Whotever your responwon't you let Oil of Olav help?

# 'It takes me news from all of the presion that I set us

centre on one these having shood eighth in the 19-nation Women's World Smirge. Chempsonships held in Engyoung Army Marray and in on her 14-foot Loser. She has

ricing yachts it is also gaine upoy, and though Lunar a time or the water, much with cold and wondering if she'll even be respond. Her makes for all this is sented;surface the same acts are arrar from other records.

#### Public Service

half as for as Marshall A. (Michael Geben, Once be seen back to Ottown from a your's us bloshed at Marroard be's due a big promotion. What he's been doing at Harvard is year contract soon became a commitment. He married mto Ottowa's wealthy Look faruly, channed his philosenky from left-lifters lyon to "reconstructed lithers!" (read clothing designer, he might well be in charge of our next

Like to many others on this last, Jennifer McQueen as a work addict. "They on't worked a mine-to-fave soft times my when Bernard Overy returns from his subbatters, he will future smedy look over the rost, the planning of Expo-



the Mounties had Beh Subjection tabled as with more than portral 1960s he had been a student

the States of Women, the

policy work in the Ministry

of Consumer and Composate

Affirm, the Multicultural-

country home in the Ga-

activist, first on McGiff, then at the University of Permissias early member of the Students for a Democratic Society. ceres his triavels in Ottawa. From the finance department to the Sometary of State's office to the Department of Congruencestoms to his preparal Privy Council post on aubecause "Twe seen the other safe." He also freely admits



He looks like the Little Prince nown up: comflower hair, Chan blue eyes, pale and open face And there is even that same marriy of speri and resolve. At 27, Jeck Wethared is see of the most accletmed actors in the country. would understand, and the ceitics have been only slightly ins swooting Odd then, that Wethernil woold say, "This whether or not Due the takent to be an actor." We know he versity, so he must be able to read. And what have the cross been saying?" extra ordinary



When Satele Kinel-Obeveller was writhing her first bollet. The Nurrocker she fell soundly adeen that that's many years are, and now, a perfectional halfering at 18.



Kinel-Gheveller: superstandon inn't important. Just inevitable reiddle-class Ukrainsan background, she still lives at her purents' Meetresi home, commuting two hours derly to









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missiation alleges and complete concessoration at reference half-formed arribations "I don't want to think of anything. Heather inight and Myzard thelenit never boostline account

In 1884 11 months, four Torongo act students have become craze. Calling themselves the Diades, they wear the neswitchblude on a neck cheen John Catto, pertinut, and till flet 1960s nomsoms about communes december out repetitive masse and they show an entrepreneural streak Last summer, they awested \$1,500 to convert a Teronto basement warehouse into Crash 'n' Burn, the city's first

Mackay, Calto, Robinson and Herditon; self-support building's charf resums, the Liberal Poots of Con-

#### Art

In some ways, 33-year-old Don Proch seems to be showed his sculptural drawness of haveneds, comloting bodies and Prume water in Paris and noticed When a's over, you still have to no on pendacing peal. Act for here is no different from "any other nine-to-five 10 b," and though he works Saturdays from time to time, in no way does his any completely formature his life. Proch classes to have little use for money, apart from the \$10,000 or so he needs each year for our supplies, and there's very little nousesthey've been exhibited they en iron sacrane about at

When Peter Neward was 12 he managed four presented course, three he lessed out the fourth entrementured insurer right from the start. At 23, he was an Estor's executive By 26, he was a current in a pep, Hong Kong, Los Angeles and New York. His Rases Line" of decises and saids is selling so well be it planaras to add 400 employees to his Canaold Esson house in Wissaner's Wellington Crescert.



make Hepher proudent of Company of Belifus two off British faruly, he turned Canada where he became an actuary Mentane Life, and a small old renoral corrtry. Though he's happely

ecceptative and Esuppose this is mine. Fare very intoler-

Geered Black is a bit like the Montreal Canadiana a trascalingaly sadely regarded as a young businessman whose



concerns and his array of directorships (Argus Corporation, Entor's the Canadian Imperial Bank of Commerce. Dominion Securities etc.) He hyperations as a million-del-Course Black well-eventually take over direction of Argus



A "cultural defect"? The man in the dark these exercises. silver-rimmed glasses and hair greying at the temples. looks more like a bunker But Howard Baton, 42, bend of ater joined the Bank of America in the Far East. In 1967. he headed back to Vancouver and worked for an investment dealer before sorrers the Bank of Bestub Columbia systems private from business life, the father of three sees his stay at the top as temporary. "We are only custodians procefully. That's why my equate life is so responsed to

Not to love one Mantander Bales Males new tree of Dis-Loser But the Conservative musty leadership rice will



labor low (he made headlines daily while serving on the industry). Now 35 and president of the nowerful comso, considering the state of affirers or hand, there's little

Bleband Coable has done a lot of related tarkens but what he salk Newform Cand's "process of change," Some neonle would say be in country of ALA), his current role is seven years. He was once a member of the National Re-Cushin lost the sent in 1968 and that's when he not busy building "people's organizations". His urgen activities shores when He's become so good that fishermen in Prince Edward Island and Nova Scotts are casting envious glances in his direction

Seven years and, Wighel Boundern's career look a self. As port-the "Black File"-on violence in the templificus was under attack from all sides—from rival unions, from daughter "I'm much better than the average on that," he

ANGEL A PERSONTE FOR MAJOR SCOT

Control changing the things that can be -- plus a few more

## The World

Loosening The Pretoria Connection

It is deficult to the down postisely what the form of credits or loss insurance.



with each root-and-basech appearant of

For the fact is that the big corporations and the banks - who have a bey share un the

digues and Palestonia concentratives Commerce's Bring Besuchness admirted. THE MIDDLE FAST Disturbing the peace Sadat and Brack Print Mainter Men-

rael had not yet made the 'break decision" account for a settlement. The Egyptine precident went on sam-Settlehen at Christmas, sine marchine



that the future of the 11 million Palestand Jordan's King Hussia seemed likely to bridge at their scheduled meeting durnater which will look into the less arcablesome maker of an brack with-

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Do Gramer (bottom left) and Jespera surremains of Mine despora, Markedge 'se physics in published across non-of the law French cooking and a physical of her cabut level." Asked to claborate, be re-

Javones, born as Warraw but of Figure-Jespen says De Crarier kees in a world

nion range leade in this office." Had it not

# People



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Whenever was send the poetry of doub. long and for gratings, Basses Robes. Sounder of Young Persis's Theater in Teoners upper were charges Market memory of the late, great error Helbert

dayty. His mane is **64 Behales**, and he's

market. "Dones and Marie Owncod" to sell your bebble men, or "Newmon Corell" the Career ads there was no problem. IS It's Christopher Lance all a Bart

## Business

is this any way to run a railroad? The courts will decide

Shareholders are source at the agental or eatings, because there's solders been rauch to talk about The Oceano and Outher has ever imped on Canadian markets and

The almost ghoutlike adeauty of the casq. startumen 1854, man the Countries Darelle

Some time early this year. Mr Junior Sam Husber of the Octano Surreme holders of one, and not just Considur-Highes is presiding over a case rase in Cimagnes in presumption areas. A case that in Copriced legal much and has stoked stock

Mindeur Station, regrets with a CP train



tual monopoly in Ontario and Ocebec

For 45 days almost contil the eve of

tear hysperin (Ho grandfather, Sir San-

posited counsel to the federal severa-

Squer store ) in Terenter hed property tioning the proteone that its ambitions by defendants American of the care Authors ing a 600-rade network of roadbed and decade una Bobanette street a year and our extenses by Leach Gold Mines I of an

Joe Pone is a precise and feetidious To-The lesses that gave Casadkan Paintic bonds In the early 1980s, as often as not quithled with these rether record armanecompany and startlesometry to Committee People be says, "I became concused and care were not estified to something more countable to the other shareholders of can la the alternative the educately are The sun is on behalf of all one shareholden Fore you's recal who's finances

stand lost mough that the USBO lesson state it many

scaled west at not fee the fact that some of Geg's real estate heldings have acquired a value that couldn't have been contemption 4 90 years ago. The one lands in-2000's proposed new Massey Hall, And some of these out properties have been transferred in the law few years to Mara-

es subodary Masschon, is robed on an

1991 act of parliament that empowered

CHE to sell lands "surplas" to nathery requantities it is long as the proceeds of such

s premietary externs in the Ostanio and Queter Railway Coppersy, and that as

leted to the redway Conscion Partie area on down so. The plantiffs are that way such quill pre que o albasers, because the the can roll her. Award lake Mount Musback interpretation of the leasesthen the muner's shareholden would not railed the manney shareholders when they were dealing in one properties. Do record, ofter all, are accountable in acres a trong audicece, which are pred three or share the social of Mr. Auture Hughes were "What I wast to know," he said. "it who

word share holder until the 1960s and now the owner of \$6,000 shapes or about \$05. the Optimo and Quebec Regions Com-

## **Sports** History appears to be ready to repeat itself—and that's just fine

speciators in the printed old Mewiria. cremed not belty up a bile operator In were in town. "Who the heli're rises?"

college hockey. Unfortunately, hursly 200

Stration for estuded will have seen



\$50,000 report from Houses Counds, the

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tanes validated what many others. Farris included, have been classing. Cuandam college hocker as vardy understand. Two years from now, when the Munter Objugate get understan, Cuanda crain be reconcerted by a totally natural booker.

# Music

### Portrait of the pianist as a young man.

hen the distance to be contend of the hours to play everythen." GAR BOTT

Lartin steady streetly and stone



The new extension halfs were consulted for Majority the Owen in October, 1977

13.000 square feet. Museum

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El Puerto de Santa Maria. our Brands and Sherries care that the old processes demand'



# Lifestyles

#### The pursuit of the Instant Mellow

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fee all the books and consense a couple





# Science

What's on the tube tonight, dear? Everything

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evaluble to all firmsh telephone subscribon-is time for 1984 In June, the television sets of 1 000 Post. Office customent in selected bornes in Lon-

Cale: letting your fingers do the welling



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# Television

The past is alive and well and, apparently, in very good hands

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### Films

#### Wake me when it's over

Do Nico in '1900' (indew), Larent in 'A Stone reasons to one 'Star Wore' again

of the two better the a well-intervience. truth and act. And because it overflows and Dependien's virgue, brave, senergies.

leghen parach says while hanging

Because there are so few erest films we

A Spenal Des takes place during a

confern planned a real 'grabber' to end

sharmer. Totally estagable and alone

#### The third banena

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servelance a hoos't seen. For all the studiedly and often too armitually

to Chares Ritine (Macrellan of Corace \$10.55)

leading places. But out on his own, Wil-

Wilder: some things are best left to Mel

# Books

So well remembered

courton of the events from 1997 as 1965

are Banker's anthrops on that book are on a



# Maintaining the balance of power

BARRAKA ANTRA

quickly overtaking the supply provided by our tractitional sources of economical electric new supplies can be found. What are we doing obout it? Alteracty nuclear generators have come efficient and reliable sources of electricity. And are being explored as future energy sources





### Theatre

The Playwrights of the Western World Of all the clicksh about west court living. From Mester Beach, Rason from Roches-



A fixed writer makes a different mark

distance themselves alarminally from Ou-

Ouzequien Bells, Gone (below) and Rosen srightly all yands (for 7 lead to Torreto





others before them, that they are more enchanted with the idea of being from Visc-

# The Shopper's Gallery



### Behold the Amazing Punditti! Knows all, sees all, tells all! No refunds

#### Column by Allan Fotheringham

The interprise as to review out time, not his content your of 1997. Then is sumple. The challenge is to provide you greatly reader, with an occurate guide as to what will hapgen in 1933. Undels, your oil knowning our stathmad. Relate his all-downhill. Joe Clink, who will be the next greatly missage; found his publical fortunate and

our stational Police hiral dowells!

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